



Redeemer Lunch Menu

September 2017

Name _____

Due August 30, 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Menu Options

Circle one each day

#1 Hot Entree

#2 GF= Gluten Free by DOCTORS REQUEST ONLY

3 Cold Entrée

Extra Entrée-write the number 2 on the date along with circling the menu option

***All sandwiches come with fruit and vegetables.**

***All salads come with bread stick and fruit of the day.**

**Child lunch \$ 3.55
Extra lunch \$ 2.25
Adult lunch \$ 4.25**

***All items are subject to change**

				1
Labor Day Have a Safe Holiday!	4 1 Baked Chicken Strips 5 2 GF chicken breast 3 Chicken , cheddar wrap Seasoned Brown Rice with Black Beans Baby Carrots Pineapple Chunks Milk	6 1 Cheese Burger on a 2 GF Burger 3 Beef Taco Salad Creamy Cole Slaw Pickle Spear Fresh Pear Sun Chips Milk	7 1 Wild Rice Hot Dish 2 GF Chicken breast, rice 3 Steak, cheddar wrap Fresh Broccoli Red Apple W.G. Dinner Roll Milk	8 1 Baked Cheese Pizza 2 GF Chicken Caesar salad 3 Chicken Caesar Salad Marinated Vegetables Red Grapes Tortilla Chips with Salsa Milk
1 Sloppy Joe on a Bun 11 2 GF Sloppy Joe 3 Turkey, cheddar on a bun Seasoned Hash Browns with Cheese Fresh Broccoli Orange Milk	12 1 Swedish Meatballs 2 GF Burger, rice 3 Chicken Caesar Salad Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	13 1 Sliced Chicken Alfredo 2 GF Chicken Breast, rice 3 Turkey Ham, Swiss Mixed Green Salad French Dressing Red Grapes W.G. Bread Stick Milk	14 1 Chicken Corn Dog 2 GF Chef Salad 3 Chef Salad Broccoli Cole Slaw Red Apple Sun Chips Milk	15 1 Baked Cheese Pizza 2 GF Chili 3 Tuna Salad on a Bun Sliced Cucumbers Pineapple Chunks Milk
1 Baked Chicken Nuggets 18 2 GF Chef Salad 3 Chef Salad Seasoned Brown Rice with Beans Carrot and Celery Sticks Golden Apple Milk	19 1 Garlic Cheese Bread Marinara Dipping Sauce 2 GF Chicken Breast, rice 3 Chicken Cheddar Wrap Mixed Green Salad Creamy Italian Dressing Banana Milk	20 1 Salisbury Steak 2 GF Burger 3 Beef Taco Salad Mashed Potatoes Grape Tomatoes Pineapple Chunks Slice of W.G. Bread Milk	21 1 Chicken, Cheese Pasta 2 GF Chicken Breast, rice 3 Steak, Cheddar Wrap Fresh Broccoli Orange W.G. Muffin Milk	22 1 Baked Cheese Pizza 2 GF Chicken Caesar Salad 3 Chicken Caesar Salad Baby Carrots Fresh Pear Milk
1 Chicken Breast on a Bun 25 2 GF Chicken Breast, rice 3 Turkey, Cheddar on a Bun Seasoned Hash Browns Fresh Broccoli Red Apple Milk	26 1 Meatloaf Baked 2 GF Chicken Caesar Salad 3 Chicken Caesar Salad Mashed Potatoes Creamy Cole Slaw Pineapple Chunks W.G. Dinner Roll Milk	27 1 Chicken and Rice Soup 2 GF Chicken , Rice Soup 3 Turkey Ham, Swiss on Bun Baby Carrots Banana W.G. Bread Stick Milk	28 1 Lasagna Hot Dish 2 GF Chef Salad 3 Chef Salad Mixed Green Salad Creamy Italian Dressing Red Grapes W.G. Bread Stick Bread Milk	29 1 Baked Cheese Pizza 2 Burger, Rice 3 Tuna Salad on Bun Fresh Broccoli Orange Milk